

Name: _____

Period: _____

Dietary Guideline #7
Sodium & Potassium Study Guide

Directions: Watching the powerpoint presentation on Sodium and Potassium, fill in the blanks.

- Most Americans consume _____ salt than they need.
- _____ chloride is also called salt.
- On the Nutrition Facts label salt is identified by _____.
- Eating recommended amounts of _____ will reduce your risk of _____ blood pressure.
- High blood pressure is related to other diseases such as coronary _____ disease, stroke, and _____ disease.
- Most of the sodium in our diet comes from _____ foods such as cereal, spaghetti _____, canned _____, and most other foods already pre-made.
- Another way your diet can lower your blood _____ is to consume a diet rich in _____.
- Fruits from the vine are high in _____.
- Leafy _____ such as spinach and lettuce and _____ vegetables such as potatoes and sweet potatoes are high in potassium.

Key Recommendations

- Consume less than _____ mg (approximately _____ of salt) of sodium per _____.
- Choose and prepare foods with less _____

AND

- Consume _____-rich foods, such as fruits and _____.